

EL MORRO

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June 2007

Domingo assumes garrison command June 20

Col. Edwin C. Domingo will relieve Col. Stephen M. Ackman as commanding officer of Fort Buchanan in a Change of Command ceremony June 20.

Marc McCormick
El Morro

A change of command ceremony June 20 will see Col. Edwin C. Domingo assume command of Fort Buchanan from Col. Stephen M. Ackman.

Domingo thus becomes the 67th commander of the Army garrison in Puerto Rico, in a line of succession that dates back to the activation of the "Porto Rico Department" Oct. 18, 1898 under the command of Gen. John R. Brooke.

Commissioned in 1982, Domingo brings 25 years of active duty in the Army having served in multi-faceted command and levels of responsibility worldwide.

One of his periods of service was here at Fort Buchanan.

"It is a pleasure to be back in Fort Buchanan, where I spent five wonderful years. I was assigned to Readiness Group Puerto Rico, which later changed its name to Readiness Group Buchanan, as the Plans and Training Officer. I provided advice and technical assistance to three major Reserve Component Commands in Puerto Rico and the United States Virgin Islands — a force of 141,00 soldiers organized into 121 combat, combat service and combat service support companies and detachments," Domingo related.

"I was also responsible for the development of a domestic relief plan for Puerto Rico and the U.S. Virgin Islands.

"In June 1994, I was reassigned as Battalion S-4 to the 1687th Logistics Support Battalion, 6th Brigade (Field Exercise), 87th Division (Exercise) as Troop Program Unit Soldier.

"I was responsible for the operations budget, equipment readiness, and Lanes Training Exercise support.

"In Oct. 1994, I was accepted into the Active Guard Reserve Program. I started

my initial AGR tour in Fort Buchanan as the Brigade Assistant S2/S3 at Headquarters, 6th Brigade, 87th Div. (Exercise).

"As Brigade Assistant S-2/S3, I was responsible for the daily execution of Field Exercise plans and operations in two Exercise Battalions, a Logistics Support Battalion and the Headquarters and Headquarters Detachment. The 1687th and the 6th Brigade Headquarters and Headquarters Detachment were stationed at Fort Buchanan, Puerto Rico.

"Throughout the five years in Fort Buchanan, I lived on post and served as a community Mayor of Los Colinas Housing Area in 1996 thru 1997."

Domingo's experience at Fort Buchanan makes him uniquely perceptive about the garrison's role to the Army and IMCOM as well as Puerto Rico as a whole.

When asked about Fort Buchanan's mission, Domingo said, "Our mission is to enable our customers to succeed by providing excellence Base Support services. First of all, that means our number one priority is to take care of America's Servicemembers and their Families. That is Families with capital F."

"Our mission must synchronize with the way we conduct our operation. We will do this by enhancing the quality of support to Servicemembers and families in order to preserve the strength of all volunteer force. It is my job to shape the environment by focusing on the quality and timeliness of the services we provide."

As the new commanding officer of Fort Buchanan, he said, "It is an honor, and a humbling responsibility, to take the helm of Fort Buchanan in a time of war and to lead the professional men and women who have dedicated their lives in providing quality support. In the coming weeks, I will meet the professional men and women of Fort Buchanan and visit

the installation facilities. I look forward to meeting and hearing from the Servicemembers who are the true heart and strength of America's armed forces, the civilian employees who support them, and their family members.

Fort Buchanan's overall mission also provides support to the Caribbean and South America which Domingo has experienced.

"Since the establishment of the Antilles Command years ago, our national defense strategy has recognized the importance of maintaining good relations with countries in Central and South America, and the strategic location of Fort Buchanan in the Caribbean Basin. Our strategic importance has not changed, even though our mission focus has changed. Over these past 30 years, Fort Buchanan has experienced impressive and historic shifts under FORSCOM, USARSO, and now as an Army Reserve Installation managed by the Installation Management Command.

"Our long range vision is to be the Federal Support Center of the Caribbean. Toward this goal the garrison is working hard to implement the Island Wide Garrison Concept. The current provider of base support services to the Army Reserve in Puerto Rico, the 65th Regional Readiness Command, is being disestablished. Under the Island Wide Garrison Concept, that mission, with some minor exceptions, transfers to Fort Buchanan. We have a good working relationship with the Installation Management Command and will strengthen our ties to the Army Reserve Command to ensure we provide equitable services and facilities, optimize resources, sustain the environment, and enhance the well-being of the Military community. Given appropriate

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Official Photo

Col. Edwin C. Domingo was born in Sampaloc, Manila, Philippines.

In 1982, he graduated from Saint Peter's College in Jersey City, New Jersey with a Bachelor's Degree in Psychology and subsequently was commissioned as a Second Lieutenant of Field Artillery.

He holds a Master's Degree in Strategic Studies from the U.S. Army War College.

Col. Domingo's past service has included assignments in — the Republic of Korea; Fort Stewart, Georgia; Kirchgoens, Germany; Saudi Arabia, Iraq, and Kuwait; Fort Buchanan, Puerto Rico; Fort McPherson, Georgia and the Department of the Army, the Pentagon.

Col. Domingo is married to the former Rebecca Bacsa and they have four children — Ervin, 14; Emmanuel, 12; Eric, 2 and Emily, 3 months.



Marc McCormick

(Left to right) Pablo Cotto, safety director, Ft. Buchanan; Gisela Aponte, director, Alcohol & Drug Control officer, Ft. Buchanan and Alberto Velez, safety specialist, handed out information to motorists on safe driving to begin the Army's 101 Days of Summer campaign.

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Marc McCormick

Each year Fort Buchanan hosts Retiree appreciation Day. Above, members of the retiree council and guest speaker, former sergeant major of the Army Jack Tilley, await questions from the attendees. Several veteran servicing organizations were on hand for the day.

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Ricky Garcia

Col. Stephen M. Ackman, center, congratulated members of the 65th Regional Readiness Command following their participation in the Fort. Buchanan 10K which is held each Armed Forces Day. Military and civilian units came from around the island to participate.

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FROM THE COMMANDER:



June:
The month of
Fort Buchanan
transitions

Three years is a long time – and yet it is not. I write to you for the last time as the commander at Fort Buchanan.

It has been three years since I was honored with taking responsibility for this great asset to the Army in Puerto Rico. Time has simply flown by. This month Diane and I will leave Fort Buchanan and Puerto Rico for the pastures of retirement and settling into our native area in Ohio.

We leave this great place with a sense of sadness. The people of this community and the people of Puerto Rico have shown us care and hospitality such that we will never forget.

The Fort Buchanan community is so diverse involving Soldiers, Sailors, Marines, Airmen and Coast Guardsmen. But it also involves the men and women of other federal agencies linked in the work of providing safety, security and an environment where people can grow and achieve.

It is truly a unique community

in a unique setting within the constellation of Army installations.

During our time here we have had a few sad occasions. The numerous funerals associated with the Army's current operations always invaded the heart with the very precious and tenuous thing life is.

The funerals for the victims of accidents or funerals for members of the Buchanan community were even harder because it is harder to reconcile the loss – an accident or just the flow of life itself.

We have also experienced the great joys found in Puerto Rico. We have experienced the very great celebration of Christmas – Puerto Rican style. We have celebrated the start of the great national promise of America, the fourth of July – PR style.

We have tasted *tostones*, *arañas* (my favorite), and *mofongo*. We have walked, many times, the historic and never boring streets of old San Juan. We have seen the

small towns, the great cities and the diverse people of this beautiful island. We have marveled at the boia, the parrots, even those darned monkeys and listened to the song of the *coqui*.

Fort Buchanan has survived the Base Realignment and Closure Commission's glare, we have seen an advantageous modification of the construction moratorium, we have seen Buchanan Heights disappear and the new car center rise.

Plans move forward for construction of a new National Guard facility, a new Army Reserve facility, a new Navy and Marine Corps Reserve facility and a new Antilles Elementary School.

The Garrison staff moves to completion of an outsourcing study and proposal for in-house retention and to accept base operations support for all Army Reserve facility on the island.

Your new commander, Col. Edwin Domingo, comes to us from the Joint Staff J-4 in Washington. He has been with

you before and is an excellent choice to carry on the unbroken continuum of command.

I know you will welcome him and his wife Rebecca into this community and your hearts and their four children: Ervin, Emmanuel, Eric, and Emily.

Diane and I have been warmly received and made very much a part of this community.

We hope we have left a bit of ourselves with you.

You have impressed yourselves and the *Borinquen* spirit on our hearts and it will always remain with us.

You have shown us in deed and word that Puerto Ricans are among the greatest of Americans.

We will take these lessons with us to Ohio and make certain others know the great treasure Puerto Rico is to the United States.

Correction



Marc McCormick

This photo, from the May issue of El Morro, incorrectly identified the man in the foreground. He is Lionel H. Torres, a 29 year contracting officer representative employee at Fort Buchanan. He visited the installation site to ensure the contractor was conforming to the generator installation contract.



The Eagle lands in San Juan...

El Morro Staff

The *USCG Barque Eagle* is the largest tall ship flying the Stars and Stripes and the only square rigger in U.S. Government service. It is the seventh Coast Guard cutter to bear the name in a proud line dating

back to 1792.

The ship was built in 1936 by the Blohm and Voss Shipyard in Hamburg, Germany and commissioned as the Horst Wessel, one of three sail training ships operated by Nazi Germany to train cadets for the German navy.

Five identical ships were

Length overall — 295 ft.
Length at waterline — 231 ft.
Beam greatest — 39.1 ft.
Freeboard — 9.1 ft.
Draft loaded — 16.0 ft.
Displacement — 1,816 tons
Ballast lead pigs — 380 tons
Fuel Oil — 24,215 gals
Height of foretruck — 147.3 ft.
Height of maintruck — 147.3 ft.
Height mizzenmast — 132.0 ft.
Fore & Mainyard — 78.8 ft.
Sail area — 22,227 sq. ft.
Speed under power — 10 knots
Speed under sail — 17 knots
Anchors — 3, 860 lbs.

More information at Web site www.cga.edu/eagle/default.html

Photo by Joe Bonet

built and were collectively known as the "five sisters."

The ship was rumored to have downed three aircraft during World War II. Following World War II, it was taken as a war prize by the United States and a Coast Guard crew, **See Eagle — Page 18**



Commanding Officer
Col. Stephen M. Ackman

Deputy Garrison Commander
Gunnar Pedersen

Public Affairs Officer
Jose Pagan

Community Relations
Grissel Rosa

El Morro Editor
Marc McCormick

Editorial Contributor
Melissa Zayas

PAO Assistant
Jackie Ferrer

Photographic Contributor
Vicente Velez

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MAILING ADDRESS
Public Affairs Office, U.S. Army Garrison
ATTN: IMSE-BUC-PA
218 Brooke Street
Fort Buchanan, Puerto Rico 00934-5000

TELEPHONE NUMBERS
(787) 707-5776/4487/ FAX: (787) 707-3362

EMAIL
BUCHPAO@us.army.mil

PHYSICAL ADDRESS
Office 308, Bldg. 390, Fort Buchanan



San Juan MEPS command goes through transitions in June

Marc McCormick
El Morro

The Commander —

The San Juan Military Entrance Processing center, better known as MEPS, will be undergoing a significant command staff change in June. The commanding officer of MEPS, Maj. Eric Martinez and the MEPS 1st Sergeant, 1st Sgt. Luis J. Rivera, will be departing MEPS - one to retirement and the other for another assignment. The Soldiers bring a combined 43 years of experience to the Army, and counting. Their stories, while similar in a lot of respects, differ in their paths to an Army career.

"My story is similar to the 1st Sgt's. I joined right after graduation and I processed right through here (San Juan MEPS) as a non-English speaking applicant. I joined the Navy and went to the Language Academy for the Navy. I served on-board the *USS Carl Vinson* and after four years I received a scholarship and returned to Puerto Rico and joined the Army ROTC. There was no Navy ROTC in Puerto Rico and I managed to contact the professor of military science at the University of Puerto Rico Mayaguez and enrolled in ROTC there and got commissioned in 1992," Maj. Martinez said.

When he first enlisted, he had no inkling that his WESTPAC cruise on the *USS Carl Vinson* would eventually bring him into the Army and eventually back to Puerto Rico.

"For me, to come back to Puerto Rico, was like a dream come true. I talked it over with my family and it was something I really liked, the idea of coming back to the MEPS. I arrived here in June of 2004 and assumed command of the MEPS. So 20 years later after joining the service I returned right back here to the MEPS," Martinez said.



Photos by Marc McCormick

Maj. Eric A. Martinez will have his change of command June 22 at Fort Buchanan's Community Club. The Puerto Rican native will proceed to the Pentagon as a liaison officer. The former Sailor entered the Army as a 2nd Lieutenant in 1992.

Serendipitous?

"I am proud of the San Juan MEPS and how we have changed and adapted and the achievements. I've grown a lot and worked with a lot of wonderful people. I got immersed into the community and I think that's the part that has really made a difference for me.

"I love this job. I love working with people. The fact that you bring you folks from

the community one day and ship them for basic training the next day is a great concept and that is something that has made me enjoy my assignment as a MEPS commander."

Martinez took stock of his life while working the hanger decks of the *USS Carl Vinson*. He wanted an education and he wanted a career. The Army turned out to be the path to fulfill his desire for success.

"Something I do in the mornings - we are required to provide a commander's welcome brief, that's the first part of the processing. And part of what I say is what to expect in the processing at the MEPS throughout the day as they try to qualify for service. I have made a habit of sharing with them that many years back I was just like them. I processed right here at San Juan MEPS and I was nervous; I didn't know what was going to happen to me and 20 something years later, here I am, I am the commander of the MEPS, I'm a major. I have been stationed in a lot of wonderful places and met a lot of wonderful people and I have made a difference in my community. I try to motivate them (potential enlistees) with that and they get at ease. That they understand what they are about to do. I tell them - you have to believe in what you are about to do."

It was through self belief and the desire to achieve that has guided Martinez's efforts in the Navy and the Army. His next assignment will take him to the Pentagon as a liaison officer where he will represent MEPCOM, among other duty assignments.

Born in Mayaguez and reared in Sabana Grande, Puerto Rico, Martinez returns to his home town frequently where the Sabana Grande citizens take great pride in his accomplishments and his representing The

Martinez's family could only afford to send their eldest to college at the time he was growing up.

He knew he would have to be the deciding factor in his future success. It was through the Army ROTC program at the University of Puerto Rico that Martinez got his start with a scholarship obtained while in the Navy - it shows that anything is possible if you put your mind to it.

1st Sergeant —

When the commander departs for a new assignment, MEPS' 1st Sergeant departs for a well earned retirement.

Looking back, 1st Sgt. Luis J. Rivera remembered - "I joined the Army right here (at the San Juan MEPS) on May 29, 1985. Everything started here and everything will end right here. I was 23 years old when I enlisted as a 75C, personnel management specialist (the MOS is now a 42A). I went from San Juan directly to Lackland AFB to the Language Institute and from there to basic training at Fort Knox, Kentucky and then to Fort Benjamin Harrison, Indiana for my AIT," he said.

Rivera's specialty was personnel management - a system the Army has dramatically changed during his 25 years of service.

"Since I am in the admin field there has been a change because of the technology. The Army, during my days, was transferring from pen and paper Army to a computerized Army. When we went to the field we still had the typewriters in the box, hand cranked mimeograph - it has been a big improvement. We had to embrace the technology. It is here to stay.

"You didn't have to make so many phone calls. Now you have to live by your computer. Before you had to live by the phone. You can do things faster - you can fix errors in the computer. Before, you had to retype the whole thing. You can do more with less people."

Like all successful NCOs, Rivera had this to say - "I had a lot of people who actually took me under their wing. Maybe they

saw something in me - they helped me out and I tried to emulate them. I learned early in my career that if you take care of the mission and you take care of the welfare of the Soldiers - that's the key. Everything will be fine. Nothing happens without people. That's what we do - we take care of people." That, and his hard work, attention to detail and taking care of his fellow Soldiers.

Looking at the young people today, Rivera has gained keen insight into them as individuals and as young Soldiers.

"They don't say much but you can see it in their eyes that they want to be like you some day. They realize that when I tell them that I was sitting in that chair 22 years ago I had the same issues you have right now. I didn't speak English and here I am. If I can do it, of course you all can do it."

When he says he understands the young people waiting to enlist, he speaks from experience.

"I had a job but I knew I needed something better for my family and I had always been a responsible individual. So I said, let me try the Army and see how it goes. A couple of years into it (the Army) I knew that's what it was (something better) so I reenlisted and moved on."

Rivera took his family and joined another family - the Army.

"The Army is really a family. You are a piece of that big puzzle. You feel you make a difference wherever you go. Even though every place things are done a little bit different, you have something to contribute to that big family. This is for life. You learn to serve because we are public servants. I will

always be a Soldier. When I came in I was young. This is all I know."

Rivera embodies the San Juan MEPS mission statement - "Ensure the quality of military accessions during peacetime and mobilization in accordance with established standards."

Overseeing a multi-service operation that processes hundreds of potential re-

cruits each year, Rivera has gained the perspective that all new recruits can benefit from when he says, "When you join the Army and make it a career, you join something bigger than yourself - you join an extended family.

In summary, Rivera said it succinctly, "When you join the Army family, you will be - "A Soldier, forever."



1st Sgt. Luis J. Rivera will be retiring from the Army following 23 years of active duty. The Puerto Rican native plans to continue to serve as he tries to enter into federal service.

ASAP offers employees help with Army's EAP

Ft. Buchanan ASAP Office

The Fort Buchanan Employee Assistance Program is designed to provide free, confidential services, to include; screening to identify the employee's problem, short-term counseling and, when appropriate, a referral to a facility or service (on or off base) that can assist the employee in resolving his or her problem(s).

It is the employee's responsibility to follow through with this referral, and to make the necessary financial arrangements for this service.

Participation in the EAP is voluntary and, ultimately, it is the employee's decision to participate or not.

The mission of the Ft. Buchanan Employee Assistance Program is to help civilians achieve a balance between their work, family and other personal responsibilities. The program is designed to assist employees and their family members with identifying problems that may affect their well-being and their ability to do their jobs effectively.

EAP at Fort Buchanan falls under the Army Substance Abuse Program that presently falls under the installation Human Resources Directorate.

Who's eligible for EAP services?

➤ DoD civilians and their family members (appropriated and non-appropriated fund employees).

➤ Retirees and their family members.

➤ Family members of Active-Duty, Reserve and National Guard.

EAP services are available for employees who have a substance abuse problem,



who are seeking help or whose drug test has been verified positive. In addition to substance abuse problems, the EAP provides comprehensive short-term counseling and referral services to help employees achieve a balance between their work, family, and other personal responsibilities. Job effectiveness can be adversely affected when employees are faced with emotional or behavioral problems, family responsibilities, financial and legal difficulties, and dependent (child/elder) care needs.

EAP services can be extremely important in the prevention of, and intervention in, workplace violence incidents.

You and your EAP can together identify those stressful situations you may be experiencing and help restore balance to your life again.

The EAP can help with —

- Drug/alcohol abuse.
- Managing stress and anger.
- Family/marital issues.
- Depression and anxiety.
- Behavioral disorders.
- Parenting issues.
- Budgeting/Financial problems.

Managers and supervisors are urged to become familiar with the EAP referral process and to make referrals and/or recommend to employees that they seek help through the installation EAP.

The Employee Assistance Program is operated by the personnel at Ft. Buchanan's ASAP Office, Bldg. 1321-C.

Hours of operation are 6:30 a.m. to 5:30 p.m., Monday through Friday.

For more information, call 707-2073. Walk-ins are accepted.

Safeguarding Soldier Health — Post Deployment Reassessment

U.S. Army Reserve PDHRA Team

SFC Carmen Román returned from a 14-month deployment in Camp Fallujah, Iraq in May 2006. "I formed strong bonds with my fellow Soldiers, and I was able to apply my training so that I could do my job. But it was difficult at times. I worried about my fellow Soldiers and the risks we faced each day during our time in combat," she says. SFC Román, who belongs to the 597th Quartermaster Company, 65th RRC, completed the Post-Deployment Health Reassessment, or PDHRA, six months after she returned to Puerto Rico, where she lives. "The PDHRA helped a great deal. As it turned out, I needed physical therapy for a knee injury, and I was referred to a social worker and therapist for depression."

The Story on PDHRA

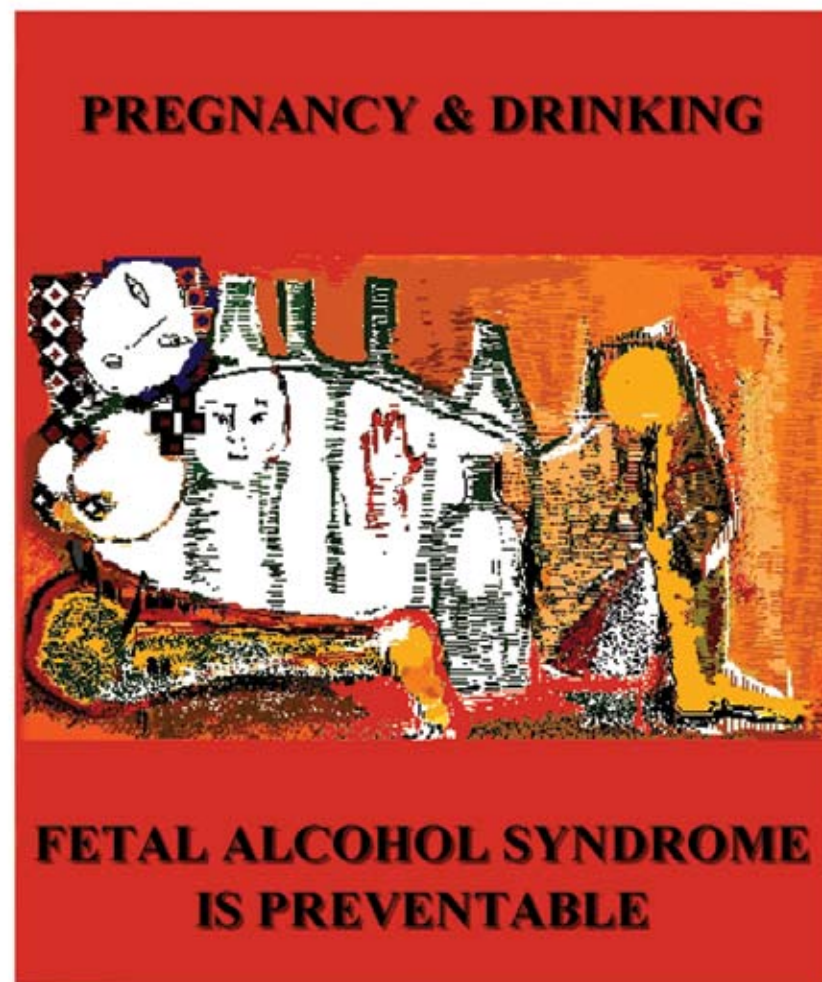
More than 14,000 U.S. Army Reserve Soldiers have completed the PDHRA since the start of 2007. The U.S. Army Reserve fully adopted the PDHRA in April 2006 as part of the Department of Defense's Force Health Protection Program. All Soldiers who returned from a combat zone since September 11, 2001, are eligible to complete the PDHRA. "U.S. Army Reserve Soldiers want to spend time with their families after redeployment from theater, but it's also important their possible medical needs are met," notes Alan D. Bell, Deputy Commanding General, U.S. Army Reserve. "That's why it is vitally important the Post-Deployment Health Reassessment be done within 90 to 180 days of redeployment. It is a priority for leaders to ensure their Soldiers complete the PDHRA."

How It Works

"Research tells us after Soldiers return from combat, health concerns may begin to surface," explains LTC Page Sikes, who leads the PDHRA program for the U.S. Army Reserve. "The PDHRA is unique because it brings the medical system to the Soldier through the screening process and the one-on-one conversation with a health care provider. This is especially important for U.S. Army Reserve Soldiers after they return home. The PDHRA gives Soldiers the opportunity to voice concerns regarding his or her health." The PDHRA con-

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ASAP Focus — Fetal Alcohol Syndrome prevention

Ft. Buchanan ASAP Office

During the week of May 13 - 19, 2007, Alcohol and Other Related Birth Defects Week was celebrated to create awareness of this problem.

How much do you know about Fetal Alcohol Syndrome?

Fetal alcohol syndrome is the leading known cause of mental retardation. It is caused by maternal alcoholism or heavy drinking during pregnancy. Features of FAS include growth deficiency before and after birth; effects on the central nervous system such as intellectual impairment, developmental delays and behavioral problems; and changes in facial features such as a flattened midface, a small jaw, and a thin upper lip. Children with FAS commonly have problems with learning, attention, memory, and problem solving, along with incoordination, impulsiveness, and speech and hearing impairments. Although many of the physical characteristics associated with FAS become less prominent after puberty, intellectual problems endure and behavioral, emotional and social problems become more pronounced.

Each year 4,000 to 12,000 babies are born with the physical signs and intellectual disabilities associated with FAS. Estimates of the prevalence of FAS vary from 0.2 to 1.0 per 1,000 live births. Making a diagnosis of FAS at birth is difficult because facial characteristics are difficult to discern and some features such as behavioral and cognitive functioning problems are not observable at birth.

The extent of damage caused by prenatal alcohol exposure depends on the stage of fetal development, biological and environmental variables, and the amount and timing of the mother's alcohol consumption. Maternal age, ethnic and/or socioeconomic differences, genetic influences and the severity of alcoholism in women while pregnant are factors that may make their children more vulnerable to FAS. Once a woman bears a child with FAS, the probability that subsequent children will have FAS is 70 percent. Pregnant women consuming between one and two drinks per day are twice as likely as nondrinkers to have a growth-retarded infant weighing less than 5.5 pounds. Newborns whose mothers drink heavily (an average of five drinks per day, especially during the last three months of pregnancy) may show signs of alcohol withdrawal such as tremors, sleeping problems, inconsolable crying, and abnormal reflexes. Newborns with perinatal alcohol exposure have hospital stays three times longer than those born to mothers who are alcohol-free. The economic costs associated with FAS were estimated at \$2.1 billion for 1990. The total annual cost of treating the birth defects caused by FAS was estimated at \$1.6 billion in 1985. For persons over 21 years the cost was \$1.3 billion. Neonatal intensive care for growth retardation due to FAS accounted for \$118 million. Source — *National Council on Alcoholism and Drug Dependence, Inc.*

For additional information, contact the Army Substance Abuse Program, Fort Buchanan, at 707-3125/3825/3419. The ASAP office is located next to the Fire House.

"One ASAP Enriching the Lives of One Army"

Child abuse prevention — all year effort at Buchanan



Photos by Joe Bonet

The sign says it all. Prevention of child abuse is a year-round effort. The Fort Buchanan Family Advocacy Program advisors can help at any time.

Wilda Díaz
Family Advocacy Program Manager

Healthy Families are Essential to Readiness
Recently, Fort Buchanan celebrated the Month of the Military Child and Child Abuse Prevention. A proclamation ceremony was conducted at the Community Club. The Army Community Service/Family Advocacy Program, Child and Youth Services, and Domestic Dependent Elementary and Secondary School joined in efforts to make this event a great success.

Our students were the stars of this activity. They demon-

strated their talents through being mistress/master of ceremony, creators of their own performances, singers, dancers, and painters.
The theme used for the drawing contest and talent/musical shows was: "Today's Children are Tomorrow's Future."
The effects of child abuse are felt by whole communities, and need to be addressed by all. Effective child abuse prevention programs succeed because of partnerships created among social service agencies, schools, religious and civic organizations, law enforcement agencies, and the entire community.

Therefore, I encourage everyone to become more aware of the negative effects of child abuse and its prevention within the community, and become involved in supporting parents to raise their children in a safe and nurturing environment. For this reason, the Family Advocacy Program is providing Fort Buchanan community with child abuse/neglect and family violence awareness and prevention activities **throughout the year.**
We are located at Army Community Service/Family Advocacy Program, Buchanan Heights, Bldg. 1019-C.
For information of classes and additional services, contact us at 707-3709/3698.



AHS JROTC Cadets



Antilles Middle School



AES Poster Contest



AIS



AIS



A little side play



Child Development Center

DeCa scholarship awarded

Marc McCormick
El Morro

Competitive, highly selective basis... these are some of the words that are on the certificate that Hector Burgos picked up May 21 at the Fort Buchanan Commissary.

What the certificate doesn't have room to say, Hector Burgos said following his award of a \$1,500 Defense Commissary Agency scholarship.

"My educational goal is to become a CPA and an attorney at law. I know these educational fields are not easy but with the necessary desire, passion, vision and support from my parents and the community, I will attain both."

Entering and winning the annual DeCa scholarship contest has made Burgos' dream of a bright future more possible.

"I'm just about to make one of the most important educational decisions in my young life," Burgos said. He is currently looking at several colleges that can help him achieve his goals.

"I consider myself very competent in academics, more literate, intellectually more astute, and ethically more sensitive."

These lofty ideals of the 17 year old Antilles High School student follow another idea Burgos has, "...to participate wisely in society as a competent professional and knowledgeable citizen. Getting my degree is top priority." This is

the child we all wish for.

Hector Daniel Burgos is the son of Senior Master Sergeant Hector Burgos and Iris Ocasio of San Juan.

Kelly Brody, store administration, Fort Buchanan Commissary, presented the award to Burgos, praising him for his accomplishment.

And, as a reflection of how DeCa gives back to the community in the form of savings on commissary items, the commissary also encourages students to enter the annual scholarship contest each year. The next cycle of scholarship announcements will be around the end of October or early November.

Details on the scholarship program and other DeCa news can be found at Web site www.commissaries.com or Web site www.militaryscholar.org.

"I focus on good character, (a) strong work ethic and the will to be the best you (I) can be. This scholarship for military children will certainly help me in attaining this goal."

With DeCa assisting young people like Burgos, how could he fail?



Photos by Marc McCormick

Kelly Brody, administration manager, Fort Buchanan Commissary, presented Antilles High School Senior Hector Burgos with a \$1,500 Defense Commissary Agency Scholarship. The senior will be attending college in the fall studying accounting and law.



(Left to right) Kelly Brody presents a certificate to scholarship winner Hector Burgos. His proud parents Senior Master Sergeant Hector Burgos and Mrs. Iris Ocasio.

Buchanan ACS offers financial education, counseling and aid

Arlene Romero
Ft. Buchanan ACS

Financial training —

Army Community Service Financial Readiness Program is sponsoring the following training —

June 7 - Consumer Rights and Obligations — Learn what happens if you fall behind in repaying your creditors or an error is made on your accounts.

June 14 - Creating Wealth thru Real Estate — Speaker Molly Assad.

June 21 - Too Good to be True — Learn to protect yourself from consumer fraud.

Each course will take place — 10 - 11:30 a.m. in Army Community Services, Bldg. 1019.

Spaces are limited. To attend, make a reservation by calling Arlene Romero at 707 - 3310 or through email to arlene.romero@us.army.mil.

Subsistence allowance —

The Family Subsistence Supplemental Allowance is an initiative to increase Basic Allowance for Subsistence to aid military families who are struggling to make ends meet. FSSA intent is to increase the BAS Soldiers get now. Servicemembers on active duty (Active Component policy applies to National Guard and Reserves) receiving full or partial BAS are eligible. Note that this **does not** include soldiers in basic training. FSSA is **not** taxable.

The application for FSSA is web-based and See ACS — Page 18



Kelly Brody accepts an award from Ivette Davila, volunteer coordinator, Fort Buchanan, on behalf of the commissary and all the volunteers who have helped the community.



Army e-Learning has become the Army's primary means of satisfying initial and recurring education. It provides over 2,600 courses of training across the entire spectrum of individual and organizational requirements.

e-Learning offers 40+ certification programs that include: Microsoft Certified Systems Engineer, information systems security, security, Cisco, Oracle, project management and many more.

e-Learning also offers foreign language training courses to include Arabic, Pashto, French, German, Spanish and many more.

These courses are free to the individual and organization and are available 24x7. All you need is an AKO account and register. If you have any questions, call 707-3888/3546.

DOIM's Visual Information keeps an eye on Buchanan

Marc McCormick
El Morro

Among the many responsibilities of Fort Buchanan's DOIM directorate is the Visual Information Branch. This multi-task and multi-talented office has many mandates.

"Visual Information is divided by sections. We do graphics, video and photo support," said Edwin Rios, manager, Visual Information. A large portion of their daily activity entails island wide promotion photos.

Additionally, VI, as it is known (although some people still refer to it by its old name of TASC), has full video capabilities and if you have been to local Buchanan events you have seen the videographers, Carlos Cruz and Jose Lopez, taping the event.

"In the video section we document activities that has to do with training, historical filing," Rios said and Army celebratory events such as the recent Women's History Month.

VI has recently began supporting the Veteran's Oral History program in addition to the other video requests they receive.



Carlos Cruz, videographer, aligns a camera for a taping session at VI television studio located in Bldg. 514.

"We also have for our customers and tenants a television studio where we can record any training, any presentations and briefings or command messages. Presently, we are recording people for the Oral History program which is actually interviewing veterans to compile a video that presents their history. This (the veteran oral histories) will be archived here (at Fort Buchanan) and at the Pentagon," Rios explained.

"In this case we have all the equipment and manpower to record a video or documentation. We are able to do chroma key (a technique where a subject is filmed against a green screen which is later electronically erased and an appropriate background is then "inserted" behind the subject). Then we are able to create the video in a DVD format which can be put on the internet. In the future we will be able to stream the video in our cable."

Part of the capability and flexibility of VI is how they can assist in emergency situations.

"Our equipment (and studio) can be used for emergency purposes. In the future, we will be able to connect to our LAN and cable TV and on the spot provide the Buchanan community information in an emergency situation as quick as it is available to us (VI)," Rios said.

VI is not just local. "Our products go to the Pentagon's Army Multi-Media Information Directorate, Buchanan Public Affairs, Visual Information maintains a historical copy." Although interested and authorized parties can find VI generated material. "The Army Multi-Media Information Directorate, mandated by AR 25-1, maintains a copy of everything we submit."

VI also performs a valuable graphics arts service. They prepare a range of printed materials from requesting agencies.

Two of the main graphic technicians are Rosie Irizzary and Marcos Orengo. Both are experts in the use of graphic arts programs and desk top publishing software. Constantly busy, their work is seen in command and directorate briefings and public posters of garrison events.

VI services are an "on demand" basis. If your directorate or agency requires their services is as simple as - "They would have to go through DOIM's Customer Support Desk in Bldg. 390 personally or call x5555 or send an e-mail requesting video services." Mario Morales is the principal



Photos by Leo Martinez
Jose Lopez, videographer, Visual Information, sets up a shot in VI's television studio.

contact point. Situated at the DOIM Customer Service desk, Morales is the person everyone speaks with first whether it's a computer problem requiring technical assistance or a request for VI services.

Through Morales, appointments for promotion photos, graphic support requests or video requests are placed.

VI doesn't stop at the borders. Part of their function is to also support the Caribbean and South America area.

Generally, that work entails the documentation of the return of fallen Soldiers and the ceremonies subsequent to their arrival. The Army is careful in preserving the dignity and memory of its fallen.

As part of its island support commitment, "We do a lot of videos for the 65th Regional Readiness Command and other island authorized users such as the National Guard," Rios pointed out.

All in all, VI is a full dimension graphic/photographic/video arts complex that provides an essential support for Fort Buchanan.

113th Public Affairs Det. readies for Iraq



Marc McCormick

The 113th Public Affairs Detachment of the Puerto Rico National Guard is preparing to deploy its 20 man detachment to operations in Iraq in June. Pictured, left to right, are Spc. Maria Ocasio, Joe Bonet, Staff Sgt. Luis Orengo and the unit's commander, Maj. Jorge Medina. Bonet, a photographer with Fort Buchanan's Visual Information Branch, bids his fellow Soldiers a safe deployment. Bonet used to be part of the detachment but will soon retire from the PR National Guard.



Your Career-Protecting America's Borders Border Patrol Agent

TAKE CHARGE OF YOUR CAREER

The Border Patrol is currently seeking men and women to protect America's southwest borders as Border Patrol Agents.

Your job will be to help prevent the entry of terrorists and terrorist weapons into the United States. You will also detect and prevent the smuggling and unlawful entry of undocumented aliens into the United States, and apprehend those who violate our nation's immigration laws. You will also play a primary role in drug interdiction along the borders.

To apply, you must:

- Be a U.S. citizen • Be physically fit
- Be under age 40

To qualify, you must be able to successfully complete fitness and drug tests, a thorough background investigation and a medical examination.

You must also possess a valid state driver's license. You will be recruited at the GL-5, GL-7 or GL-9 level, with non-competitive promotion potential to GS-11.

Beyond the satisfaction of protecting America's borders, Border Patrol Agents are rewarded with excellent pay and an outstanding federal benefits package.

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Type recruiter's pin Number: SRMY

Questions? Contact a member of our Recruitment Team at:

CBP.Recruitment-BPA@dhs.gov

1-800-981-1313 Option 7

1-787-607-2689

Locations available: Arizona, Texas, California & New Mexico

Effective safety programs guard against accidents

Alberto Velez
Ft. Buchanan Safety Office

Four steps for building the foundation of a organization wide safety attitude. They are —

1. Include safety with quality, delivery and productivity.
2. Include safety in job descriptions.

3. Establish safety goals.
4. Include a commitment to safety in your mission statement.

Unfortunately, building the foundation is just the beginning. Getting everyone to follow management's directive is the next step and this challenge falls to you. Let's look at what you can do to build a safety attitude.

Plant the seed —

Start at the very beginning. As soon as a new employee walks in the door and before they can even set foot in the work area, give them a thorough safety orientation. This is the best and earliest opportunity to plant the seed of the "safety attitude." A safety orientation establishes the importance of safety to the organization by laying it out as a responsibility that goes along with being a good employee.

Share the responsibilities —

Good safety managers utilize their best resources, including —

1. Managers & Supervisors. Managers and supervisors work with the employees on the front line every day and therefore can have the most consistent impact by —

- Setting an example
- Carrying out the established safety guidelines and policies throughout the organization.
- Providing feedback for prevention and solutions to safety-

related issues and problems.

2. Workers. Once you have the buy-in and support from managers and supervisors, the workers need to be involved. Create a safety committee program with representatives from all areas and shifts so that everyone has a voice in safety issues.

3. Safety Committee. How many safety committees just meet, talk and complain? How many more propose ideas, solutions, changes and actions, but have no authority or commitment to follow through and implement any of their proposals? The ineffectiveness of a committee will quickly undermine your progress. And it's much more difficult to win back the support and confidence lost along the way. A good safety committee must be consistent and active and it must produce visible results. Once you have an effective, working safety committee with good representation and support at all levels of management and on the shop floor, then you have a good foundation to support your safety program and a medium for continuous two-way communication.

Lead by example —

Your safety attitude must be contagious. You must be seen not as the enemy trying to impede the process, but as someone dedicated to a safer work environment, fighting for everyone's safety every day.

Your workers need to see and feel the company's commitment to providing a safe and healthy work environment. Seeing improvements or changes made in the name of safety demonstrates management's dedication and goes a long way to getting everyone involved.

Discipline is also an important part of the program. View the individuals in your workplace as a safety team with your role being to constantly recruit players. Those who blatantly undermine the team by continuously ignoring safety and putting others at risk don't belong on the team or in the company. Safety rules must be consistently and firmly enforced to let everyone know that following established safety policies is just as important as quality, delivery and productivity.

Never give up —

Having the support and resources of everyone makes a world of difference when you can't be everywhere, 24/7. You need to allocate time and energy to other important responsibilities, such as training, operating permits, licenses, inspections, as well as OSHA, EPA and local regulatory requirements. Hey, someone has to drive the bus and that's you.

You need to keep everyone thinking and acting safely every day. That requires effort.

Get out there, let them see you, be accessible, encourage suggestions and show your commitment by implementing changes and improvements that make for a safer work environment.

The safety attitude is the all important "intangible" that every team or program must have to be successful.

You can't touch it, but you can feel it. You can also feel it when it's missing. The absence of a safety attitude is what we fight against every day to avoid the most hated word in the safety manager's vocabulary: "accident."

101 Days of Summer

Marc McCormick
El Morro

The Army program 101 Days of Summer started June 1. During this time period, traffic safety is highlighted because the Army has found that during this period more Soldiers are lost through traffic accidents than any other cause.

The causes of traffic fatalities are the usual suspects — fatigue, excessive drinking, lack of seat belts, etc.

All these causes are easily avoidable through responsible behavior.

Recently, the Fort Buchanan Safety office and the Buchanan ASAP Office participated in a driver awareness activity.

At each of the gates leading onto Buchanan, Pablo Cotto, safety director; Alberto Velez, safety technician and Gisela Aponte, director of the alcohol and drug awareness program, handed out fact sheets to motorists highlighting the dangers of impaired and unsafe driving. Included in the materials was also a list of the penalties you can incur in Puerto Rico.

The materials were in both Spanish and English.



Photos by Marc McCormick

(Above) left - DES Officer De Leon; Gisela Aponte, director, ASAP; Alberto Velez, safety specialist and DES Officer Rodriguez make the point during traffic safety Day. (Left) Alberto Velez hands out traffic safety materials to inbound motorists. Each hand out, in Spanish and English, addressed traffic safety and Puerto Rico requirements.



Courtesy Photo

Zap...

Where to begin. This is an extreme example of unsafe practices, child endangerment and sheer stupidity. At least the adult had enough sense to put a welding mask on the child. However, it would be easy to suppose that the adult is not wearing his.

In addition to the welding mask, the welder should be wearing welding gloves and even a welding apron. Perhaps the diaper is a welding diaper but the lack of proper welding footwear also needs to be addressed. In an organizational workplace, this, we would hope, would never happen. However, other welding accidents have been traced back to lack of proper gear. Safety is a frontline issue and needs to be addressed everyday.

Fort Buchanan Army Career & Alumni Program

ACAP TAP Workshop

June 18 — 21, 2007

0730-1600 at the Fort Buchanan Training Center Classroom, Bldg. 511
The Transition Assistance Program (TAP) seminars provide information that facilitates moving from the military to the civilian world.

If you are within two years of retirement or one year to ETS, contact Mr. Griffin at the ACAP Office to reserve your seats:

Puerto Rico enters into 2007 hurricane season



(Left to right) DES officers Hector Amely, Felix Rivera, Sgt. Javier Aponte and Lt. Tomas Acosta display recently acquired signs for use at both gates. The signs will indicate the current Force Protection Threat Level — FPCON; Hurricane Condition — HURCON and ID Check Status — 100% or Random. The hurricane information status is the newest addition of information for motorists and civilian employees of the garrison and reflect the current posture of Fort Buchanan.

Joann Morales
Ft. Buchanan DPTM

As we approach the Hurricane Season 2007, June 1 through Nov. 30., I would like to share some basic definitions with you to assist in your knowledge and understandings of basic hazardous or inclement weather concepts and definitions.

Watch vs. Warning: Know the differences —

- **Flash Flood Watch** — This means that conditions are favorable for heavy rain across the watch area which may lead to flooding. If you are in the watch area check your preparedness requirements, especially if you have interests along area rivers. Keep informed and be ready for quick action if flooding is observed or if a flash flood warning is issued.

- **Flash Flood Warning** — Flooding is imminent or occurring. If you are in the warning area move to higher ground immediately. Residents living along streams and creeks should take immediate precautions to protect life and property. Do not attempt to cross swiftly flowing waters or waters of unknown depth by foot or by automobile.

- **Hurricane Watch** — An announcement for specific coastal areas that hurricane conditions are possible within 36 hours. This watch should trigger your family’s disaster plan, and protective measures should be initiated, especially those actions that require extra time such as securing a boat, etc.

- **Hurricane Warning** — A warning that sustained winds 64 kt (74 mph or 119 km/hr) or higher associated with a hurricane are expected in a specified coastal area in 24 hours or less. A hurricane warning can remain in effect when dangerously high water or a combination of dangerously high water and exceptionally high waves continue, even though winds may be less than hurricane force.

- **Hurricane / Typhoon** — A tropical cyclone in which the maximum sustained surface wind (using the U.S. 1-minute average) is 64 kt (74 mph or 119 km/hr) or more. The term hurricane is used for Northern Hemisphere tropical cyclones east of the International Date-line to the Greenwich Meridian. The term typhoon is used for Pacific tropical cyclones north of the Equator west of the International Dateline.

See Hurricane — Page 15



Soldiers never give safety a day off — stay Army Strong

Lori Yerdon
U.S. Army Combat Readiness Center

FORT RUCKER, Ala. — The U.S. Army commences its 101 Critical Days of Summer Safety campaign with a simple yet meaningful slogan, “Never Give Safety a Day Off.”

Memorial Day through Labor Day marks the critical days when accidents and mishaps pose a greater risk to Soldiers and their families, so this year’s theme holds great value in sustaining the force and maintaining an Army Strong, said Brig. Gen. William H. Forrester, director of Army Safety.

“As we enter the 101 days of summer – think back to effective messages some of your previous leaders delivered,” said Forrester. “One in particular I vividly recall was given by then Maj. Gen. Dick Cody, our commanding general. His message, delivered to the entire 101st Airborne Division was founded on the statistical analysis that predicted the division would lose two Soldiers to fatalities over the Memorial Day weekend. As we gathered shoulder to shoulder, with some twenty thousand of our comrades, our division commander asked us all – ‘Who in this crowd will we let die?’”

Each week, the U.S. Army Combat Readiness Center will publish articles containing information to help Soldiers use composite risk management in making sound judgments while on and off duty.

“My charge to you and our Army is a simple but an effective goal that proclaims ‘I can save my life and that of my comrade,’” Forrester said.

Fellows Program

Preferred Undergrad Majors Include:

ENGINEERING

- Chemical
- Civil
- Computer
- Electrical
- Electronics
- Industrial
- Manufacturing
- Materials
- Mechanical
- Nuclear
- Quality Control
- Safety

OTHER

- Accounting
- Biology
- Business/Bus. Administration
- Chemistry
- Computer Info. Systems
- Computer Science
- Computer Systems Analysis
- Economics
- Education
- Finance
- Logistics
- Info. Technology
- Instructional Technology
- Management
- Management Information Sys.
- Marketing
- Materials Mgmt.
- Mathematics
- Physics
- Psychology
- Political Science
- Statistics

Note: Coursework for any major should include a non-survey Statistics course or a non-survey Calculus course.

- A Five Year, Fast-Track Executive Management Program with a global, billion dollar organization* and diverse career programs
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Have you demonstrated Superior Academic Achievement during your college career?

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Typical Salary Progression*

1st Year: \$35k

2nd Year: \$44-48k

3rd Year: \$53-58k

4th Year: \$63-70k

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*Promotions based on satisfactory performance at all stages of the training program. Salary from 2007 pay tables, actual salary may be higher due to locality pay and other pay adjustments.

*We are proud to be an Equal Employment Opportunity (EEO) organization.

**Relocation to first duty location is the responsibility of the Fellow. Subsequent relocations are funded by the employing organization.

Workers gather at Cabaña area on Organizational Day

Marc McCormick
El Morro

On a hot spring afternoon, civilian workers from Fort Buchanan got together at the Cabaña Picnic area of the garrison for the annual Organization Day activities.

Each year, Buchanan acknowledges the contributions of its employees and through Organizational Day provides a setting for exercise, camaraderie and a chance for employees to see and interact with others they might not see all year.

Each year the day is planned for activities such as volleyball, dominoes and other activities that the employees sign-up for. Each directorate assumes the management of an activity. This year a new activity/game was introduced by Col. Stephen M. Ackman, commanding officer, Fort Buchanan. The game is called "cornhole" and originates from the Ohio/Kentucky area he and Mrs. Ackman come from. Puzzling at first to Puerto Ricans, cornhole consists of tossing a pebble filled bag into an inclined ramp hole a few yards away. Picture a different form of horseshoes.

Not all civilian workers attended this year's event but those who did enjoyed the afternoon out and especially the lunch that was brought in by the Community Club. Free Gatorade, to offset the heat, fresh fruit and other foodstuffs were available for the crowd.

The tower climb proved popular and the strong man bell ringing challenge. Following the afternoon's activities, there was a DJ and band concert of Puerto Rican music.

All in all, everyone got a good dose of fun and exercise and look forward the day next year.

Organizational Day this year was the same day as Armed Forces Day. Earlier in the morning, Fort Buchanan hosted a 10K run which was participated in by several of Puerto Rico star athletes. On the Pee Wee Field infield, you could hear chants of "TiTo" for Tito Trinidad who has attended the run the last two years.



Photos by Joe Bonet

A Buchanan employee takes part in the "cornhole" game. The game was newly introduced this year by Col. Stephen M. Ackman, commanding officer, Fort Buchanan.



All the way to the top! These climbers show off their upper body strength by scrambling to the summit of the tower.



Alberto Velez, Safety Office, Fort Buchanan, shows off one of the Organizational Day T-shirts.



A huge sport in Puerto Rico, these players take their dominoes seriously. Dominoes are the most popular activity during Organizational Day.



And the DJ played on. The crowd was entertained by the sounds of Puerto Rican music in the late afternoon.



A few brave souls weathered the afternoon heat for a game of volleyball.



Anyone game? It takes brute strength to ring the bell.

Military, civilian runners gather for Armed Forces Day

Marc McCormick
El Morro

Armed Forces Day is celebrated each year at Fort Buchanan with a 10K Fitness Run. Units from across Puerto Rico come to the garrison to take part in the run as well as tenants and civilian agencies of the garrison.

This year, Rosie Irizzary, Visual Information, acted as the mistress of ceremonies for the event which also included the dedication of the new, state-of-the-art, track at Pee Wee Field.

"Today I have the honor of welcoming you to Fort Buchanan's Armed Forces Day Celebration," Irizzary said.

"In 1949 our Secretary of Defense Louis Johnson, announced the creation of an Armed Forces Day that replaced separate Army, Navy and Air Force Days.

"In February of 1950 our Commander in Chief, President Harry S. Truman signed the proclamation and he said — 'I call upon my fellow citizens to display the flag of the United States at their homes on Armed Forces Day and to participate in exercises expressive of our recognition of the skill, gallantry, and uncompromising devotion to duty characteristic of the Armed Forces in the carrying out of their missions.'"



(Left to right) Freddie Giddens, director, Morale, Welfare & Recreation, students of Antilles High School and Col. Stephen M. Ackman, commanding officer, Fort Buchanan, dedicate the new state-of-the-art track at Pee Wee Field prior to the start of the 2007 Armed Forces Day 10K Run.

"The very first Armed Forces Day theme was "Teamed for Defense" reflecting the unity of the American forces. Today our theme is "Staying Strong" reflecting our

strength and unity during this very difficult period of war against terror. Staying Strong in the midst of the sacrifices our Soldiers, Sailors, Airmen, Marines and Coastguards-

men make every day so that today we can safely celebrate their heroism, their valor and their dedication.

"Today we are honored by the participation of members of the U.S. Army, Army Reserve, Puerto Rico National Guard, Army Reserve Officer Training Corp, the Puerto Rico Air Force ROTC, United States Coast Guard, the Marine Corp, US Army Mars, 65th Infantry Retiree Association, Paralyzed Veterans of America, civilian members of the Fort Buchanan workforce, Bayamon Civil Defense and some very distinguished guests retired Maj. Gen. Felix Santoni; four time boxing champion Tito Trinidad; former Sergeant Major of the Army Jack Tilley; World's best 10K runners Cesar Lam, Luis Collazo and Jacinto Rodriguez; Maximo Oliveras, Puerto Rico National Team runner; Ivan Calderon, former boxing champion; Jean Calderon, former boxing champion and retired Col. Victor Martinez Brañas."

Following the 10K run, the participants were served breakfast.

The runners representing the Puerto Rico National Guard took first place among the military units and DMWR won amongst the civilian runners.

Also, The Exchange raffled off \$150 in gift certificates.

Special Guests



Col. Ackman, center, stands with special guest runners and Tito Trinidad.

Winners of the 2007 Armed Forces Day 10K Run



Edwin Rivera accepts the trophy for the best civilian team.



The Puerto Rico National Guard accepts the first place trophy from former Sergeant Major of the Army Jack Tilley following the AFD 10K run.



Puerto Rico Marine Corps Reserve



Ft. Buchanan ACS



65th Regional Readiness Command



San Juan MEPs



DHR



369th Combat Support Group

DPW employees honored with certificates, plaque

40 Year Certificate

Longevity PLUS... Col. Stephen M. Ackman, commanding officer, Fort Buchanan, presented Ramon Cabreara with a forty year certificate and a coin.

Photos by Joe Bonet



10 Year Certificates



(Left to right) Felix Mariani, Luis Alers, Jose de Jesus, Col. Ackman.

25 Year Certificates



(Left to right) Jose DeLeon, Carlos Madera, Neftali Lugo and Col. Ackman.

5 Year Certificates



(Left to right) Maria Lopez, Franklin Polanco, Marie Ramirez, Diana Ruiz, Yvette Robles, Gilberto Ayala, Teodoro Quinones, Jose Rivera and Col. Ackman.

20 Year Certificates



(Left to right) Pascual Quinones, Reinaldo Abraham, William Rodriguez, Manuel Ayala, Heriberto Rios, Manuel Torres and Col. Ackman.

15 Year Certificates



Josue Rodriguez, Alex Gonzalez, Manuel Quiles, Jorge Mojica, Carlos Rivera, Ivan Ayala, J.C. Garcia and Col. Ackman.



Col. and Mrs. Stephen M. Ackman display the wood carving of the DPW insignia following an awards ceremony. Col. Ackman carved the piece presented to DPW.



DPW employees examine a wood carving of DPW logo created by Col. Ackman following the presentation of year-of-service certificates. Wood carving is one of Col. Ackman's hobbies and he wanted to leave a remembrance of his time at Fort Buchanan.

Mother's Day 2007



Courtesy Photos

Husbands, and co-workers came together to celebrate Mother's Day at Fort Buchanan's Department of Public Works.

The Department of Public Works took time out during lunch to honor the women and mothers of the department with a surprise event in the cafeteria celebrating Mother's Day.

DPW Staff

Mother's Day is celebrated with lot of enthusiasm in over 46 countries across the globe. Dating as far back as 1872 and becoming a national holiday on May 9, 1914, as proclaimed by President Woodrow Wilson, it is celebrated annually on the second Sunday in May. It is the perfect time to communicate warm feelings and honor towards our mothers. It is also a time for reflection and appreciation.

On May 11, 2007, during lunch hour, the male em-

ployees of DPW gathered together and surprised female co-workers with a Mother's Day celebration. There was food, appetizers, cake and refreshments. There were also flower arrangements, mementoes and music. Above all, there was the fellowship and kinship that only comes when the true esprit de corps is shared amongst co-workers. On behalf of all the mothers and non- mothers at DPW, we extend our most sincere thank you to all DPW employees for creating a memory that will forever leave a deep impact in our hearts. It is our honor to work with and for you.



(Top - left to right) Celeste Yordan, Cilita Garcia, Pascual Quiñones, Luz Muriel, Diana Ruiz, Angie Ramirez. (Bottom - left to right) Yvette Robles, Isabel Sanchez, Ana Muñoz and Esther Molina.

2007 Hurricane season begins

Ft. Buchanan DPW

Hurricane Season starts June 1 and lasts until Nov. 30. Housing residents should be prepared in the event Fort Buchanan is affected during this season.

Housing on post —

The housing units located on post are secure hurricane shelter facilities. These units are equipped with hurricane shutters.

Hurricane shutters —

If a resident is going on leave either off or on the island for an extended period of time during the months of June through November, they should contact the Housing Office to coordinate the installation of the hurricane shutters and/or panels prior to their departure. Residents should also the Housing Office about the period they will be gone.

Residents will be instructed to install shutters and/or panels when Hurricane Condition III (48 hours) is announced. This information will be relayed thru Web messaging and distribution of flyers throughout the housing areas.

Those residents who cannot install the shutters and/or panels due to illness, or any justified condition or situation, should contact the Housing Office in a timely manner for the required assistance.

Emergency power generators —

In order to operate a portable generator after the hurricane and/or during power outages in family housing, it must be inspected and approved by the Fire Department prior to its use.

The procedure for approval is to call the Fire Department at 707-3520 /3410 to coordinate an appointment for inspection. A list of approved generators will be provided by the Fire Department to the Housing Office where it will be available for the housing residents.

Other Information —

Residents shall secure all possible flying objects and debris around the house. This must also be done prior to departing the post when going on leave or TDY.

Tenant commands should also have the name and address of any military members who are on leave or TDY. Residents should also ensure that their commands have this information.

For further information, visit our Web site www.buchanan.army.mil under the Directorate of Public Works.

Expenses survey conducted

Yvette Robles & Iris Fuentes

Ft. Buchanan DPW

Once every three years, the Per Diem Travel and Transportation Allowance Committee conducts the OHA Utility and Move In Expenses Survey to collect utility/recurring maintenance and move in expense data from Servicemembers who receive an Overseas Housing Allowance. PDTATAC uses this data to compute the OHA Utility/Recurring Maintenance Allowance and Move In Housing Allowance for Service members worldwide.

The information provided is used to update Overseas Housing Allowance utility/recurring maintenance and MIHA/Miscellaneous rates for your area. The rates are based on the typical costs incurred by Servicemembers living in countries outside the continental United States who live off-post or base, have a private lease, and receive an Overseas Housing Allowance.

MIHA/Miscellaneous is a fixed-rate one time payment that reflects average expenditures made by members to make their overseas housing habitable. Utility/recurring maintenance allowance is paid monthly to defray utility expenses incurred by the member.

It is important that accurate figures be provided in the OHA Survey. We recommend that the Servicemember use records and receipts to accurately determine the amounts actually spent. The Overseas Housing Allowance is a valuable entitlement for members who are stationed overseas. The time and effort spent answering the survey questions will enable the Department of Defense to set equitable OHA utility and MIHA rates.

See Survey _____ **Page 18**

Army's Golden Knights drop in to Puerto Rico



www.goldenknights.com



In 1959 13 men joined together to form the Strategic Army Corps Sport Parachute Team, to compete in the then communist dominated sport of skydiving.

The team performed so well that on June 1, 1961 the Army officially recognized, designated and activated the team as the U.S. Army Parachute Team.

For more than 44 years the "Golden Knights" have been wowing audiences at air shows, competitions and most recently, with high profile tandems.

The two demonstration teams travel all over the country performing aerial demonstrations at air shows and special events in support of Army recruiting goals.

The two competition teams travel, competing nationally and internationally at various skydiving competitions, continuously bringing home gold, silver and bronze medals. They are the most successful U.S. Department of Defense sports team.

While the Tandem Team focuses on bringing the public closer to the Army and the sport of skydiving.

"The Tandem Team enables the Army to reach out to influential citizens and give them a taste of the professionalism, leadership and teamwork that is involved in giving them a tandem," said Lt. Colonel Dave Standridge, Commander, U.S. Army Parachute Team, "Golden Knights."

Photos by Vicente Velez
Groundcrew and parachutists of the Army's Golden Knights gather in front of their jump plane prior to the 2007 Puerto Rico Air Extravaganza. Each year, the Knights perform in dozens of public events as one of the Army's premier demonstration units. Pictured in the back row, fourth from left, is Puerto Rican native and member of ground ops, sergeant Benitez.



Jumpers await the go signal. (inset) Each jump is recorded by one of the members.



Members of the Golden Knights quietly await their arrival at the drop zone during the 2007 Puerto Rico Air Extravaganza. (Below) a birdseye view of the airstrip they will be parachuting onto. You can see the anxious crowd on the taxiways.



Annual Retiree Appreciation Day held at Buchanan

Marc McCormick
El Morro

Fort Buchanan hosted its annual retiree Appreciation Day at the Community Club May 19.

The Fort Buchanan retiree Council, along with guest speaker ret. Sergeant Major of the Army Jack Tilley, gathered together to address issues affecting retirees and answer their questions.

Prior to the interchange, ret. Brig. Gen. Jose M. Rosado, chairman of the retiree council, said, "I thank you so much for the defense of the country and what selfless service is. It is fitting and proper that we take time to recognize you (the retirees) who have given so much and expected so little in serving your country."

The Commanding Officer of Fort Buchanan, Col. Stephen M. Ackman also reinforced the commitment of the garrison to retirees.

"The council meets every other month and if you communicate your concerns to them (members of the retiree council) it will get directly to the garrison commander. They will be happy to advocate the issues you bring to their attention," Ackman said.

"It becomes a responsibility of the installation to support whoever has access to the garrison. You are a very important part of the military community in Puerto Rico. You are still with us."

Retired Maj. Gen. Felix A. Santoni also had heart felt words for the assembled retirees when he said, "I would like to say to the young men and women who are serving today they are making great contributions to our nation and obviously to Puerto Rico. More than 3,300 Soldiers, Sailors and Marines have given up their lives (in the Global War on Terror) and 60 of those have been from Puerto Rico. They continue to fight and die for a cause that is larger than them selves. Their sacrifices make us stronger as a nation."

The guest speaker for the event was retired Sergeant Major of the Army Jack Tilley. He offered a message of inspiration for the service of active duty personnel and retirees, pointing out that out of a population of 347 million plus, military people make up a small percentage of the population, about 1 percent.

"You are part of that 1 percent — part of that group who protect the Constitution of the United

States. It's about the sacrifices you make everyday."

Reflecting back to the events of Sept. 11, 2001, Tilley described one of the core issues that are part of his personal philosophy.

"I believe things happen for a reason. It was September 11 and I was at my desk. I was supposed to go and speak to a group of lawyers when I got a call saying — 'You should turn on the television.' The Pentagon had been hit. 174 people died that day in the Pentagon. It is about preserving the Constitution of the United States. It is about our country. It is about a life that we sometimes take for granted."

Inspiration, motivation and sense of duty were the mainstays of Tilley's speech. He also shared a story with the retirees of his interaction with our wounded Soldiers.

"I was at Walter Reed the other day and I was going to motivate people about all the things you are going to do in life. I walked over to a young man, 19 years old, who had been hit by an RPG. When I go to the hospital, you know what happens? They motivate me. They say — 'I want

See Retiree — Page 18



Photos by Marc McCormick
Carmen and Jose Goitia and Martin Santiago MOAA.



Wilda Diaz and S. Santiago, Buchanan Retiree Office.



Gisela Aponte and Myrna Llanos, Buchanan ASAP office.



Viviana Rivera, Buchanan TRICARE Office.



San Juan Veterans Affairs Alberto Ramos (right).



65th Inf. Rgt. Assoc. President Ret. SGM Francisco Alicea.



Rodriguez Army Health Clinic nurse Carmen Delgado.



Ivette Davila, Ft. Buchanan Volunteer Coordinator.



Juan Perez-Calderon and Ediberto Lopez, Ret. Enl. Assoc.

Hurricane

• Major Hurricane — A hurricane that is classified as Category 3 or higher.

• Landfall — The intersection of the surface center of a tropical cyclone with a coastline. Because the strongest winds in a tropical

cyclone are not located precisely at the center.

It is possible for a cyclone's strongest winds to be experienced over land even if landfall does not occur.

Similarly, it is possible for a

tropical cyclone to make landfall and have its strongest winds remain over the water.

• Storm Surge — An abnormal rise in sea level accompanying a hurricane or other intense storm, and whose height is the difference between the observed level of the sea surface and the level that would have occurred in the absence of the cyclone.

Storm surge is usually estimated by subtracting the normal or astronomic high tide from the observed storm tide.

• Storm Tide — The actual level of sea water resulting from the astronomic tide combined with the storm surge.

• Storm Warning — A warning of 1-minute sustained surface winds of 48 kt (55 mph or 88 km/hr) or greater, either predicted or occurring, not directly associated with tropical cyclones.

• Tropical Cyclone — A warm-core non-frontal synoptic-scale cyclone, originating over tropical or subtropical waters.

It is organized with deep convection and a closed surface wind circulation about a well-defined center.

Once formed, a tropical cyclone is maintained by the extraction of heat energy from the ocean at high temperature and heat export at the low temperatures of the upper troposphere.

In this they differ from extratropical cyclones.

Tropical cyclones derive their energy from horizontal temperature contrasts in the atmosphere (baroclinic effects).

• Tropical Depression — A tropical cyclone in which the maximum sustained surface wind speed (using the U.S. 1-minute average) is 33 kt (38 mph or 62 km/hr) or less.

• Tropical Disturbance — A discrete tropical weather system of apparently organized convection -- generally 100 to 300 nmi in diameter -- originating in the tropics or subtropics, having a nonfrontal migratory character,

and maintaining its identity for 24 hours or more.

It may or may not be associated with a detectable perturbation of the wind field.

• Tropical Storm — A tropical cyclone in which the maximum sustained surface wind speed (using the U.S. 1-minute average) ranges from 34 kt (39 mph or 63 km/hr) to 63 kt (73 mph or 118 km/hr).

• Tropical Storm Warning — A warning that sustained winds within the range of 34 to 63 kt (39 to 73 mph or 63 to 118 km/hr) associated with a tropical cyclone are expected in a specified coastal area within 24 hours or less.

• Tropical Storm Watch — An announcement for specific coastal areas that tropical storm conditions are possible within 36 hours.

• Tropical Wave — A trough or cyclonic curvature maximum in the trade-wind easterlies.

The wave may reach maximum amplitude in the lower middle troposphere.

ATLANTIC BASIN SEASONAL HURRICANE FORECAST FOR 2007

Forecast Parameter and 1950-2000 Climatology (in parentheses)	Issue Date 8 December 2006	Issue Date 3 April 2007
Named Storms (NS) (9.6)	14	17
Named Storm Days (NSD) (49.1)	70	85
Tropical Storms (TS) (5.9)	7	9
Tropical Storm Days (TSD) (24.5)	35	40
Major Hurricanes (MH) (2.3)	3	5
Major Hurricane Days (MHD) (5.0)	8	11
Accumulated Cyclone Energy (ACE)	130	170
Tropical Cyclone Activity (NTC) (%)	140	185

Source: EXTENDED RANGE FORECAST OF ATLANTIC SEASONAL HURRICANE ACTIVITY AND U.S. LANDFALL STRIKE PROBABILITY FOR 2007, (as of 3 April 2007), By Philip J. Klotzbach, and William M. Gray with special assistance from William Thorson. (<http://hurricane.atmos.colostate.edu/Forecasts/2007/april2007/apr2007.pdf>)

From Page 9

Bands bring out parents, friends for Spring concert

El Morro Staff

The Antilles Middle School held its annual Spring Concert May 9 in the AMS Cafeteria. Parents, families and friends gathered together to listen to the beginning musicians of the AMS Beginning Band and the accomplished AMS Intermediate Band play songs across all musical genres.

Between band set-ups, the crowd was treated to a lively salsa dance routine.

Each year, the school presents a major concert to demonstrate how the students have developed musically. The musicians are required to master classical, contemporary, musical theater and contemporary songs.

The audience gave the musicians a standing ovation following the concert.



Photos by Marc McCormick

(Above) the brass section gets into a fast tempo selection at the AMS Spring Concert. (Upper right) The band gives the audience a little taste of Dixieland. (Lower right) Parents, freinds and teachers expressed their pleasure at the performance that both bands gave during the concert. The annual concert was a SRO event.



The boys, girls in the band

Beginning Band

Flute
Ashley Velez
Stephen Robles
Sabrina Roman
Stephanie Morales
Lesley Vasquez
Christian Mercado
Hugo Estevez
Matthew Meals
Georgeshua McFarquhar

Clarinet
Adriana Buitrago
Alex Reyes
Erick Herrera
Mark McMillan
Maria Gonzalez
Martin Vaello
Laymari Benitez
Stephanie Perez
Ismael Segarra
Giovanno Sosa

Bass Clarinet
Christopher Leslie

Alto Sax
Kathylee Torres
Gianna Franceschini
Onix Mejias
Christian Colon
Jessica Salcedo
Jessica Melendez

Tenor Sax
Carlos Colon
Gabriel Quiñónez
Tanya Garcia
Dorian Gonzalez

Trumpet
Kevin Roman
Wilbert Colon
Victor Garcia
Ricardo Juabre
Brandon Martinez
Harvey Gerardino

Modesto Encarnacion
Barbara Rivera
Marilyn Gonzalez
Isamari Santos
Joseph Rivera

French Horn
Edwin Cruz
Joy Ortiz

Trombone
Mario Medina
Paola Buitrago
Paola Cora
Fernando Vega
Felipe Fuster

Baritone Horn
Julio Velez

Bass Guitar
Michael Burns

Percussion
Gabriela Geter
D'Marlyd Negrón
Ariel Agostini
Jonathan De La Cruz
Christian Rodriguez
Saulo Castello

Keyboard Percussion
Gerardo Ruiz
Gabiella Espino

Guest Musicians

Piccolo
Stephanie Quiñónez

Flute
Ariana Vega

Clarinet
Falan Dorsey
Corales Ramos
Rafael Penon

Intermediate Band

Alto Sax
Roberto Gorbea
Francisco Pagan
Jean Paul Rios
Erick Rodriguez
Rafael Pagan

Tenor Sax
Emil Martinez

Baritone Sax
Andres Lopez

Trumpet
Abdiel Santana
Xoel Castillo
Fabiola Billoch
Jeddy Crespo
Dwight Rodriguez
Sydney Gonzalez
Sam Kalal
Luis Ramos

Trombone
Yamarie Figueroa
John Garcia
Hector Cruz

Baritone Horn
Francisco Gregory
Diego Silva
Erick Guzman

Bass Guitar
Mario Marrero
Sarah Fernandez

Percussion
Joy Ortiz
Edwin Cruz
Ricardo Rivera
Rafael Pagan
Ruben Boria
Genesis Santiago
Michael Gaston
Alana Castaneda

Piccolo
Nicole Rivera

Flute
Stephanie Quinones
Vivian Garcia
Ariana Vega
Natalia Delgado
Leila Beem
Schecyl Santiago

Clarinet
Diamara Planell
Yadisis Mendez
Rafael Penon
Alejandra Colon
Antonio Rivera
Falan Dorsey
Cristina Cuevas
Ashley Olivencia
Paulina Eguia
Coraly Ramos
Rebekah Sanchez
Shyline Martinez
Shannon Colon
Steven Maysonet

AMS Band Parents
Carmen Roman
Maria Quiñónez
Michelle Dahlen
Gerald Ojeda
Danitza Santiago

Band Set-up Squad
Diamara Planell -
Leader
Ruben Boria
Alejandra Colon
Shannon Colon
Edwin Cruz
Roberto Gorbea
Francisco Gregory
Rafael Pagan
Rafael Penon
Aramis Quiñónez
Coraly Ramos
Alex Reyes
Antonio Rivera
Ricardo Rivera
Erick Rodriguez

The Songs



Beginning Band

The Crusaders by Frank Erickson
New Orleans Strut by Mark Williams
Rise to Power by Rob Grice
Rockin' Drummers by John O'Reilly
Intermediate Band
Farandole by George Bizet (arranged by John Sweeney)
Ol' Man River by Oscar Hammerstein III & Jerome Kern (arranged by Eric Osterling)
The Final Countdown by Joey Tempest (arranged by Scott Blood)
The Pink Panther by Henry Mancini (arranged by Paul Cook)
Oye Como Va by Tito Puente (arranged by Michael Brown)

Young golfers win PR Jr. League tourney



Michael Rexach, age 4, shows off his winning form during the Puerto Rico Junior league Tournament at Fort Buchanan. In the girls category, Kristina Ortiz took first place. Kristina, pictured with her father Ruben, is a regular tournament winner.



Courtesy Photos

Georgina Fuentes MWR Golf Course

Ft. Buchanan Golf Course Complex was pleased to host the Puerto Rico Junior League Tournament. Our youngest golf club member, Manuel F. Rexach Brown, age 4, competed in the boys category 5 year and younger. Manuel placed first in this category. We are very proud of our young member.

Manuel started his game of golf at the age of 3. Manuel is encouraged by our older members to play on the 9 hole course. Besides being very talented, he is a delight to watch. He will be heading off to Chicago to participate in the "Pepsi Little People Golf Challenge" June 18-22.

Kristina M. Ortiz, another of our young players, also participated in the PRJL. Kristina plays in the 10 and under category and is ranked in the top 3 on the island. This is her second year competing in the golf leagues in Puerto Rico.

The past two tournaments at Ft. Buchanan Kristina placed first and second after a "sudden death" playoff. Again, Kristina is a delight to watch and her dedication to the game is unbeatable.

Like Manuel, Kristina shall be heading off to Chicago to compete in the "Pepsi Little People Challenge".

Congratulations to both of our players. Good Luck in Chicago!

\$2,000 REFERRAL BONUS

— Soldiers, Future Soldiers, or Retirees can make the referral through the ARS-SMART website:

<https://www.usarec.army.mil/smart/> or through the US Army Recruiting Command toll free line

1-800-223-3735 extension 6-0473.

— Person making referral will be required to set up a user account via AKO prior to making referral.

For further assistance, contact your nearest Army Recruiter or call:
(787) 781-6100/7042
or
(787) 882-0765/0766



ARMY STRONG.

American Legion in Puerto Rico — Service to community, nation

Orlando Gotay
Attorney-at-law

When I was on active duty, I remember very little talk among my fellow servicemembers about the American Legion.

Perhaps we were too busy preparing for our next deployment, or the latest major inspection, or dealing with the pesky Soviet ship that lurked just over the horizon.

We did our thing, and in retrospect, had little time to think about anything else.

Looking back, I now realize the American Legion was there for me, even if I did not know much about it.

I remember Legionnaires at Memorial Day and Veteran's Day activities when I was in grade school, but not much else.

After my return to civilian life, a group of veterans approached me, and I first became a Legionnaire.

America's largest veteran's service organization was chartered by Congress in 1919, having been formed in France, by members of the Allied Expeditionary Force.

It was a novel concept—organizing wartime veterans, providing mutual support, fellowship, and protecting benefits earned by all veterans.

As it happened to me, you may think "veteran's benefits" are something to deal with in the future, but, let me assure you, it is right around the corner.

The American Legion can help you obtain veteran's benefits, file disability claims, and obtain other benefits, for you and your family.

The American Legion has also



been at the forefront of ensuring better pay and benefit for active duty personnel.

Also, the American Legion is always asking Congress to ensure the Armed Forces have all the necessary equipment to fulfill whatever missions are required of them.

Locally, the Legion is also a community service organization. It seeks to instill American values.

It seeks to protect the flag, it seeks to serve you. It actively supports the Boy Scouts, baseball leagues and many other community activities.

We support increased educational opportunities for our own.

Barely a few days ago, Desiree Sánchez, of the western town of Aguada, became the first woman, appointed from Puerto Rico, to graduate from the United States Naval Academy in Annapolis. She is now Marine Second Lieutenant Sánchez!

And she will soon become a Legionnaire!

Graduating from a federal service academy is a major accomplishment.

She did it on her own, but we support and applaud her efforts.

And at the American Legion, we seek to instill in others to follow her footsteps and become leaders of their own.

We are actively counseling and advising young men and women from Puerto Rico to apply, qualify for, and be admitted into the various service academies.

What could be more helpful to the community than you joining us?

Yes. Members of the Armed Forces on **active duty are eligible to join** the American Legion. Younger members are the new face of the American Legion.

Also, your membership in the Legion is fully transferable in thousands of other posts around the country and overseas.

What you keep with you, no matter where you go, is the satisfaction that you will have served your community, your fellow servicemembers, and nation well. And that they will be there for you, too. Join us now!

Attorney Orlando Gotay is Counselor to the Mayor of San Juan and U.S. Naval Academy graduate.

A member of American Legion Post #54, in San Juan, Mr. Gotay seeks to serve as a member of the Legion's National Executive Committee, representing the Department of Puerto Rico and the U.S. Virgin Islands.

Elections will be held at the Legion's convention June 1-3, 2007.

Post #54 specially caters to the Active duty members, has open enrollment and looks forward to your inquiries.

For more information on joining the American Legion, e-mail orlando.gotay@gmail.com.



Courtesy Photo

Water conservation — through DPW innovation

Yvette Robles
Dir. of Public Works

The demands on our water supply increase every year as well as the cost. The challenge of today is to learn how to use our water wisely. This challenge is greater now than ever before as industry and population continue to grow.

Water is a precious resource to us and to future generations. Life wouldn't be the same without it. We must all begin to use this resource more carefully and efficiently. Conservation will not only save our water supply, but will also save us money. If we hope to keep costs down, we must all learn to conserve.

Proceeding from this premise, the Directorate of Public Works is making a huge effort in conserving water, not just for the installation but for future generations. Many of you may have seen a blue cistern propped up on the back of a trailer going around the base. This ingenious contraption is an innovation created by Juan Gonzalez, Roads and Grounds supervisor; J.C. Garcia, DPW technical director and Pascual Quiñones, DPW director with the sole purpose of water conservation.

Instead of using tap water, which will incur costs, this contraption allows us to retrieve water from a natural water hole located on post. This existing water hole provides good, clean, non - portable water that is adequate for this initiative.

The cistern feeds into two pressure washing machines that have retractable reels and are powered by a portable generator. The reels enable the water pressure to extend farther and reach higher areas so not only does the highly innovative equipment participate in water conservation; it is also effective in executing tasks in a swifter and effective manner.

Next time, you spot this blue contraption running around the base; remember it is DPW striving to make a difference, not just for now but for the future.

Domingo — From Page 1

ate resources, I am confident that Fort Buchanan will achieve its mission.

Asked about the relationship between Puerto Rico, the Army and the garrison, Domingo said, "Puerto Rico is the home of some of America's Heroes. Fort Buchanan's relationship with Puerto Rico dates back to 1923 when Camp Buchanan was established with industrial complex, pier facilities, ammunition storage areas and an extensive railroad network.

"Although we're now smaller, you can still see the remnants of these facilities in the surrounding area. Fort Buchanan served as mobilization station and deployed Proud Puerto Rican Soldiers for World War II, Korea and currently the Global War on Terrorism. Fort Buchanan will continue to be a good partner of Puerto Rico.

"We will look into our program of activities, event, and functions for ways to continue and strengthen our relationship with Puerto Rico. Fort Buchanan and Puerto Rico are alike in many ways: languages, ethnic heritage and cultural ties. The significant cultural ties today will even grow stronger in the decades ahead. President George W. Bush tells us, "the Western Hemisphere is our home.

"By virtue of geography, history culture, demography, and economics, the United States is linked to our hemispheric partners in ways unmatched elsewhere in the world." (President George W. Bush, National



It's over there...

Fort Buchanan Police Officer Dilmarié Ramos learns how to site a forensics instrument during a training exercise arranged by PMO Traffic Safety supervisor Hector Amely. Pictured are instructors Angel Sanchez and Carlos Rivera, traffic homicide investigators for the Puerto Rican Police Department. Several students learned Forensic Mapping and Diagramming as part of their continuing studies in scene processing. The training taught the students how to set reference points at a controlled scene following a traffic accident to document the scene for subsequent analysis. The state-of-art training is just one of the training sessions that have been held between the Fort Buchanan Police and the Puerto Rican Police Department.



Photos by Marc McCormick



ACS can be found visiting Web site www.dmdc.osd.mil/fssa/index2.html. You need to use your **last name** for **identification** and your **social security** number for the **password**.

If you do not have access to a computer with internet capability, you may want to use the computers at Army Community Service. The ACS phone number

is 707-3682/3697. If you need further information concerning FSSA, contact Arlene Romero at 707-3310 or by email to arlene.romero@us.army.mil.

Army Emergency Relief Campaign update

Currently, the Retiree component of Fort Buchanan has contributed over \$33,000.00 to the annual AER campaign.

From Page 6

Do you have a child with special needs?

Do you need a break?

Help is available!

Funding is now available to pay for respite care of family members with special needs who are enrolled in the Exceptional Family Member Program (EFMP) and who meet specific medical criteria. The qualifying EFM is eligible to receive a maximum of 16 hours monthly. Contact your local Installation EFMP Manager for more information.

DSN 740-3295 or Civ. 787 707-3295

Eagle

by the German crew still on-board, sailed the ship from Bremerhaven to its new home-port in New London, Connecticut.

Eagle now serves as a seagoing classroom for future officers of the U.S. Coast Guard. The men and women of the Coast Guard are responsible for Maritime Law Enforcement, Search

and Rescue, Aids to Navigation, Ice Operations, Defense Operations and Waterways Safety and Security.

A permanent crew of six officers and 29 enlisted personnel maintain the ship year round and provide a strong base of knowledge and seamanship for training up to 150 cadets or officer candidates at a time.

From Page 2



This is the smaller manual rudder control. The larger one takes six Sailors to turn. The Eagle is powered but Sailors on-board also learn how to sail the ship.

Joe Bonet

Assessment

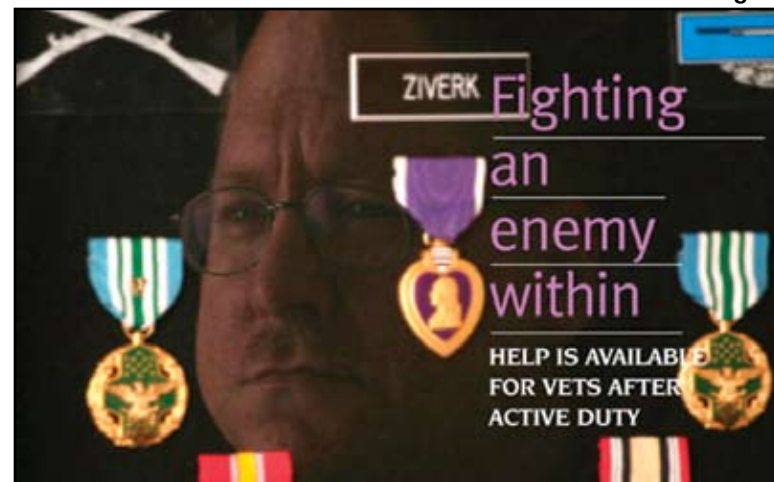
sists of filling out the DD Form 2900, speaking one-on-one with a health care provider, and viewing the Battlemind II Training video. Information shared during the PDHRA is confidential. Battlemind II Training, created by the Walter Reed Army Institute of Research, includes video vignettes that help Soldiers relate combat skills to feelings they may be experiencing after deployment. Battlemind II Training emphasizes safe and healthy personal relationships and teaches Soldiers to look out for each other's health.

Soldiers can check their PDHRA status by logging into Army Knowledge Online and visiting "My Medical Readiness." Soldiers can also access a list of answers to frequently asked questions about the PDHRA.

A Commander's Program

In most cases, commanders will notify Soldiers when it's time to begin the PDHRA process. U.S. Army Reserve Soldiers complete the PDHRA in one of two ways, either through a unit-scheduled screening event or by using the PDHRA Call Center. "The Post-Deployment Health Reassessment is a commander's program," emphasizes Command Sergeant Major Leon E. Caffie. "Commanders must ensure their Soldiers complete this very important health screening in order to facilitate a smooth post-deployment transition for the Soldiers and their families."

As a platoon sergeant, SFC Román admits that being physically and mentally fit is very important, not only for her but for



the men and women she cares for. "Soldiers need to know about the services and benefits available to them, from both the U.S. Army and from the Department of Veterans Affairs," she says. "So many Soldiers don't know who to talk to about problems they might be having. The PDHRA is an opportunity for Soldiers to open up and talk about what might be bothering them."

Post-Deployment Support

Family and friends already play a strong role in a Soldier's transition back to post-deployment life. The U.S. Army Reserve encourages loved ones to take part in the PDHRA process by reminding their Soldier to complete the screening beginning 90 days post-deployment. SFC Román affirms how important it is for the family to be a part of the post-deployment process. "My social worker encourages me to involve my 14-year-old daughter and my mother as I work through my health issues," she says.

From Page 4

If you or your loved one recognize any health-related issues that may need to be addressed, you don't have to wait for the PDHRA. Encourage your Soldier to seek professional advice for any health problems or concerns he or she may have.

Additional Resources

Several U.S. Army and Department of Defense services offer support and access to resources for Soldiers and families as part of the cycle of care each Soldier receives during the deployment process.

Battlemind II Training: at Web site www.battlemind.org
Military OneSource: 800-342-9647 or Web site www.militaryonesource.com.

Military Home Front: Web site www.militaryhomefront.dod.mil.

U.S. Army PDHRA: Web site <http://fhp.osd.mil/pdhrainfo>
U.S. Army Reserve Family Programs: Web site www.arfp.org.

U.S. Army Families Online: 800-833-6622 or Web site www.armyfamiliesonline.org.

DeploymentLINK (Deployment Health Support): Web site www.deploymentlink.osd.mil.

Department of Veterans Affairs: Web site www.va.gov.

U.S. Army Behavioral Health: Web site www.behavioralhealth.army.mil.

Survey

Respondents may take the survey at home with their spouses. To complete the online survey, Servicemembers will be asked for the last four digits of their social security numbers. Responses are held in strictest confidence and not shared with any other office or agency.

You can support the survey process by getting the word out to the commands that the survey is being fielded and that members should make every effort to both take the survey and reflect actual incurred expenses.

Use the following Web site link to complete the survey — <https://www.perdiem.osd.mil/oha/survey/mayoha.html>.

If you have any questions, the country and locality allowance coordinator for Puerto Rico is Iris Fuentes. She can be reached at 707-3753 or through email at iris.fuentes1@us.army.mil.

Retiree

to go back to my friends and serve."

And, continuing his theme of service, he said, "Walter Reed did more to help than you could imagine. It put focus on the issues active duty personnel and retirees. We need more qualified physicians and support facilities and programs. We need a better Delta dental program."

In concluding his remarks, Tilley said, "Retiree is a good thing. It says you served; you dedicated your life to the protection of our country."

When time came for questions and comments from the audience, most were concerned with TRICARE and VA support. The council members answered each participant with the knowledge they had on the current state of affairs. It was acknowledged by everyone present that there needs to be a radical reassessment of the needs in Puerto Rico for medical and dental support from TRICARE and the Veterans Administration. At present TRICARE Prime is not authorized in Puerto Rico creating a great gap in quality coverage. TRICARE Prime would have to be part of a legislative act by Congress before it would be used in Puerto Rico, and, as pointed out by one of the council members, it is a difficult process since Puerto Rico, for all practical purposes, has no representation in Congress with a representative like the individual states do.

From Page 15



Marc McCormick
Generals Santoni and Rosado attended the annual Retiree Appreciation Day as members of the Ft. Buchanan Retiree Council.



Caribbean Scoop!

a taste of events to come...

visit us on the web at: www.buchanan.army.mil/mwr


Fort Buchanan, Puerto Rico • JUNE 2007 •

Buffet Style Lunches at the Caparra Room are back!

Tuesdays - Thursdays, 11 am - 1 pm at the Community Club & Conference Center. A delicious array of entrees, salads, and beverage from the soda fountain in a pleasant atmosphere, with the convenience of ample parking. An easy pay and serve system saves you time to relax. Only \$6.25 per person (desserts and bottled sodas are extra).

Computer Orientations @ the Library

The library offers computer orientations on different subjects to assist customers in accessing public computers. For details visit or call the Library at 787-707-3208.

Pre-School Story Time

The Library offers pre-school story time along with a craft from 3 - 4 pm, Wed. 13 June the theme will be: **"Father's Day Presents"** and Wed. 27 June: **"Blossom with a Book"** For more information or to sign up call the Fort Buchanan Post Library at 787-707-3208

Thursday's Half Price Specials

at Automotive Skills Center • 1 - 6 pm

- Autolift Usage 7 June
- Wheel Alignment 14 June
- Autolift Usage 21 June
- Wheel Alignment 28 June

Hours of operation: Mon - Fri 9 am - 6 pm; Saturdays 8 am - 5 pm; Sundays & Holidays closed. For more info. call: 787-707-3972.

Cross Cultural Adaptation Trip to Río Piedras Farmers' Market

Thursday, 14 June, 8:30 am - 12:30 pm. Meeting at the Golf Course parking. An opportunity to find fresh produce, specialty and bargain shops. This tour is via public transportation. Reservations required for the trip.

Cross Cultural Adaptation Trip to the Flower Festival in Aibonito

Friday, 6 July, 7 - 5 pm (approx.)
Leaving from the Welcome Center, Bldg. 152 at 7 am. For reservations and more information call Ms. Adria Lucca, 787-707-3682/3697, email: adria.lucca@us.army.mil

Soldiers Take This Survey!

The implementation of Warrior Adventure Quest (WAQ) program is at your fingertips, visit:

www.armymwr.com/fmwrc/crd/hasurvey.htm

This survey tool is designed to let the Soldiers identify high adventure activities in which they would like to participate. The survey is completed in a short amount of time and allows the identification of the Soldier's top three requested high adventure activities. Once the data is collected, reports will be compiled to identify information critical to the strategic planning and implementation of the WAQ program. **Survey deadline: 27 July '07.** Further development and implementation of WAQ, will be based on survey and assessment results.

Golf Summer Classes "Introductory" and "Back to Basics"

The Buchanan Golf Course is conducting a series of "introductory" and "back to basics" classes this summer, from June 1 thru July 20th. The one hour classes will be held in the mornings, Monday thru Friday, at 9 am. The first class will be the FREE Basic Etiquette and Golf Rules class, held on Friday, June 1st, at 9 am in the Bunker Bar. All you have to do is show-up.

Mon - Ladies Introduction to Golf
\$10.00, 1 hour

Tue - Junior Introduction to Golf
(12 yrs +), \$10.00, 1 hour

Wed - for Course Members,
Basic Sand Bunkers,
\$10.00, 1 hour

Thu - Basic short game for all
\$10.00, 1 hour

Fri - Basic Etiquette and Rules,
FREE, 1 hour

Lessons are prepaid at the pro shop. Please bring receipt. For complete lessons or lesson packages, please see Mr. Lowry Wilson or call at 787-306-0427.



The ACS crew shares a few moments with some of the event special guests. Photo by: Ricardo J. Garcia for MWR

Armed Forces Day Fun Run

On May 18 the Fort Buchanan community gathered at the new CYS Pee Wee Track/Field to celebrate Armed Forces Day with a 2 mile fun run. The ceremony began with the inauguration of the field and a few words by the Installation Commander, COL Stephen M. Ackman. Various special guests attended the event including: SMA (Ret) Jack Tilley, MG (Ret) Felix A. Santori, Tito Trinidad, Felix Trinidad, Cesar Lam, Maximo Oliveras & Jacinto Rodriguez. This event wouldn't have been possible without the sponsors that contributed in different aspects of the event. Our sponsors: AAFES, Pentagon Federal Credit Union, Gatorade, Caribbean Produce Exchange, National Vision, Snickers, Cristalia, Banco Popular and Sunset T-Shirts. Thank you all for your great support and care for the military community.

The U.S. Army does not officially endorse sponsors.



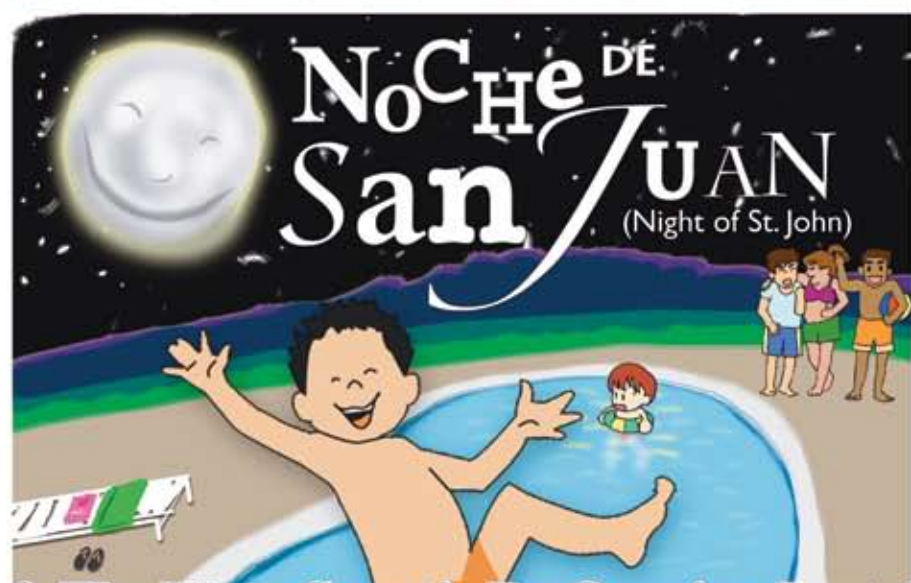
Caribbean Scoop!

Fort Buchanan, Puerto Rico • JUNE 2007

JUNE Highlights:

- Buffet Lunches Back at the Community Club & Conference Center
- Trip to Aibonito's Flower Festival
- Golf Classes for Summer
- Survey for Soldiers

Look for more information about these and all MWR events at our feature guide: MWR Caribbean. Available Now! at various points of distribution throughout the garrison.
www.buchanan.army.mil/mwr



& The WaterSpout's Re-Opening Party!

Saturday, 23 June '07

DJ MUSIC • DOOR PRIZES & MORE

Fees: Adults \$5.50 • Children \$3.50

7:00 pm - 1:00 am

FOR MORE INFORMATION CALL 787-707-3550

4TH OF JULY FORT BUCHANAN'S GRAND CELEBRATION

At the AAFES/PX Parking Area
on Wed, July 4 from 10 am - 9:30 pm

The entire community is invited
for a day of pure fun!

- Carnival Rides
- Parade
- Fireworks
- Food Kiosks
- Clowns

LIVE ON STAGE:

- El Gran Combo de Puerto Rico
- Salsa y Control
- Orquesta Tropigala
- Silver Cook
- The Eagles Tribute Band
- Jukebox
- The Beatles Tribute Band

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For more information call MWR Special Events at 787-707-3778